



## Your ethnicity could put you at risk of Type 2 diabetes

Type 2 diabetes is two to four times more likely in people of South Asian descent and Black Caribbean or Black African descent. That's why it's really important that you find out if you are at risk.

You may be eligible to join your local Healthier You NHS Diabetes Prevention Programme, which can help you reduce your risk by offering advice on eating healthily, being more active and managing your weight.

Head online to check your risk using the Diabetes UK risk tool.

Search 'Know Your Risk'  
[riskscore.diabetes.org.uk](https://riskscore.diabetes.org.uk)

# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME